

# MT. SCOTT HERALD

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**INDICATIONS** are not wanting to indicate the strong opposition existing in certain quarters to the commission government as administered in Portland. Incompetency, expensiveness, inability to get satisfaction in appeals for assistance, and egotism are charged. Not one of these complaints can be charged up as exclusive to the commissioners. It appears to us the same thing might have been said against the preceding system. Anyway who is most to blame for advancing costs? There is just one answer. The persistent growing demands of the people who are all the time urging new expenses, all more or less personally advantageous and selfish in nature. Yet the fellow who wants a new street lamp here fails to accord the same advantage to the fellow there, and the other fellow's expense is charged up to the commissioners as so much waste. Candidly, we believe the worst feature of the present city government is the so-called "civil service," under which, good, bad or indifferent—lord it over their superior officers and work when and how they please, reducing the output of service to a minimum, yet maintaining a wage and salary account that absorbs the bulk of the city tax.

That proposition to utilize 70,000 acres of waste land near Tacoma for an army post is good business. The land won't grow weeds; it is rock bottom and affords an excellent self-drained field for army manoeuvres.

## MAINTENANCE OF ROADS MORE IMPORTANT THAN THE BUILDING

The greatest waste of public moneys that is being committed today is in surfacing our country roads and then apparently abandoning the same. No county that engages in real road building can afford to dismiss its workmen when the road has been constructed. The fact of the matter is, that the work is just then well under way.

It rarely ever happens that the initial work on the road is done wisely, but there are a multitude of little things that later must be added or repaired in order that the road may be in good condition. Ruts and chuck holes are sure to form and these must be filled or the road soon goes to pieces. These things should be planned for and done quickly if the improved road is to do the fullest service, and this is the one thing that it seems to me some of our county commissioners are neglecting. They become so imbued with the idea of building good roads that they fail to prepare for the maintenance of roads already constructed.—E. B. H.

## Causes of Car Shortage

It is always best to get at facts of any given condition than to engage in condemnation based on prejudices.

For instance, what are basic facts and causes of car shortage we always hear so much about at this time of year? From July to October is the time for moving crops and buying supplies, and laying in coal and fuel for winter.

The closing of the Panama Canal and congestion of traffic in eastern manufacturing centers increased the demand for cars.

The Pacific Coast sends out more products for eastbound shipment than it receives, and June, July and August saw 45,000 more cars go east than in the same month last year.

Many states have enacted laws forbidding work on Sundays and this tends to hold up the use of all cars one-seventh longer.

Car builders in the east manufacture other lines and have been unable to deliver new cars ordered to meet increased traffic.

Western states should encourage capital to go into railroad car building business instead of sending raw material for cars east.

William Cornfoot has contracts for the construction of two steel steamers of 2500 tons capacity, secured through A. O. Anderson & Co.

## HEALTH IN THE SUBURBS

By Lora C. Little

Four years ago I met for the first time a man who died the other day of cancer—"carcinoma" the papers gave it. He was middle aged, of large frame and robust physique. His color was good, he had about the right amount of flesh, and to a casual observer he was the picture of health and apparently (barring accident) destined to long life. From time to time I saw him afterwards in his place of business or on the street. Probably I had not seen him for some months when, one hot day last summer, I came suddenly upon him sitting in the shade by a house in a far-out suburb. A glance horrified me. A terrible thing covered his cheek, and agony was on his brow. His wife was at his side, and I hastily made my errand known and departed. Even sympathy from a comparative stranger would have been a mockery. More months of suffering (I have no idea when the trouble began, save that it seemed but a short time since I seen him well) and he is dead.

Why? That is the question I would ask. Death is nothing to dread, but cancer—months, perhaps years, of torture, while the horrible thing eats your flesh and racks your nerves! It is difficult to imagine a worse fate. And yet, watch the causes of death given in the daily papers. Cancer, carcinoma and sarcoma occur oftener than any other cause save only tuberculosis. Insurance experts tell us one woman in every 8 who reaches the age of 35 dies of cancer, and one man in every 11, and the ratio is rapidly rising. Is it inevitable? Is the confessed ignorance of modern medicine in this field the limit of preventive measures? No! A thousand times No! And now I shall be thought to set up my opinion against the opinions of the learned, not only of one school of medicine, but of many schools. For I call to mind the fact that the head of the greatest hydropathic institution of this country—prior to that at Battle Creek—Dr. James C. Jackson of Dansville, N. Y., died (in advanced years to be sure) of cancer. He had for forty or fifty years taught and practiced dietetic, hydropathic and other drugless methods of healing, and with remarkable success. He was looked to as an authority by many. Another victim of cancer was Dr. M. Augusta Fairchild, also a successful water-cure doctor and author of one or more books on health. Aside from Dr. Robert Bell of London I know of no living physician of prominence who holds there is a radical and constitutional cure or reasonably certain preventive of cancer.

We are too familiar with the claims made for surgery. They can be dismissed with a word. Surgery can be made to appear to cure by cutting every sort of growth. In many cases these never would have become cancers, and therefore no cancer follows. The truly cancerous constitution cannot be cut out, and it takes a cancerous constitution to produce a cancer. If surgery is resorted to in such case it only increases the suffering to come.

Were there space here to develop the ideas, I could convince every reader that there is good ground for the following statements, which the limitations spoken of compel me to put in dogmatic form.

First, the axiom, nothing exists without a cause. Health is normal life, disease is abnormal, and therefore due to abnormal living. Transgress the laws of health, and unhealth is the result. Cancer is an advanced form of disease, never a simple, primary disease. Primary diseases are always easily curable. Prevention, then, means the proper (that is, truly curative, and not merely palliative) treatment of simple diseases. All maltreated (suppressed) simple diseases do not develop into cancer, but they do develop into more serious and less easily curable diseases, and sometimes into cancer.

The leading causes of cancer are probably the following crimes against nature: Vaccination, constipation of long standing, denatured foods, the repeated suppression of disease by means of drugs or surgery, and unhealthy mental states. Abortion may be another cause.

All these causes are avoidable, and if all were avoided for a few years cancer would disappear except where brought on by some more ingenious and less common crime against the health.

The cancerous, or suspected cancerous, need first of all to adopt a diet of raw food. Adapted to their condition and requirements this will do more than anything else to cure. Dr. Robert Bell appears to have been the first to work this out. If all who have lumps and growths, or "stomach trouble," would adopt a suitable uncooked diet for a few months, they would save surgeons' fees

and live longer. But it needs to be the right kind of food, food suited to the particular individual. Some are able to select for themselves with success, others will fail unless they procure skilled guidance.

There is reason in the raw food cure, and it works! Dr. Jackson was a great cereal eater and used little uncooked food. He was also an advocate of the enema, and may have used it for years. It is useful in acute disease, by the way, but never as a cure for constipation. Dr. Fairchild not only lived largely on cereals, but on twice-cooked cereals. In her old age, when I knew her, this was a hobby of hers, grains must be roasted before ground. Old people even more than the young need uncooked food. There is no occasion to live on it exclusively, provided the cooked food is not otherwise impoverished, but it should constitute fully half the daily ration for young or old. Try it, you half-dead ones!

## TO BUILD THE GREATEST BRIDGE IN THE WORLD

The greatest bridge in the world is being planned to cross San Francisco Bay from the city of San Francisco to Oakland. This bridge will be 5 1/2 miles long and it will require four years to complete the same.

Although the bridge is very commonplace in appearance nevertheless it will be one of the wonders of the world. The bridge will be composed of sixty spans of 250 feet each, and all just alike. Besides these there will be two very long spans. These spans will also be very high. They will be near the San Francisco side, and under these long and high spans the shipping of the bay will pass. These spans will be 600 feet long, and will be the longest and heaviest of their kind in the world.

The bridge will be a double-deck structure and will have three roadways on the upper deck, and four railroad tracks on the lower deck. There will be two roadways for the slow moving vehicles, and one especially designed roadway for automobiles only.

The very latest developments of engineering science will be used to make this roadway the finest ever planned in the world.—E. B. H.

## HUMBLE BEAN MAKES EXCELLENT ROAST

Bean roast makes an excellent substitute for meat and offers an additional way of serving beans. Following is a recipe:

- 3/4 lb dried beans (1 c.)
- 1-4 lb. salt pork
- 1-4 lb. grated cheese
- 1 1/2 cups bread crumbs
- 1 egg
- 1 teaspoon salt
- 1-8 teaspoon pepper

Look over and wash the beans, soak from 12 to 24 hours in cold water. Pour off the water. Put the beans into 3 cups of cold water with 1-4 teaspoon of soda and boil three to five minutes. Drain off this water. Return the beans to the kettle with 3 cups of fresh water and the salt pork, which has been washed, scraped and scored. Cover and cook slowly until the beans are soft (from 2 to 3 hours.)

Take out the pork, mash the beans, add the cheese, bread crumbs, egg and seasoning. Mix well and put into a buttered dish. Cover with bread crumbs and pieces of the pork. Bake one-half hour in a pan of hot water.

Canned or baked beans may be used. One-half pound dried beans equal about 3 cups of mashed beans.

This roast may be served hot or cold and is much improved if served with tomato sauce or ketchup.—C. E. C.

## HEAD OFF PLANT DISEASES BY BURNING LEAVES AND BAD FRUIT

Now is the time to destroy winter quarters of plant disease organisms. A great deal of time can be saved next spring and summer by getting rid of diseased leaves and fruits now. The majority of diseases common to field and garden crops live over winter in fallen leaves and mummified fruits. The mildews, leaf-spots, fruit-rots, anthracnose, and blights, particularly of vegetables and ornamental plants, are easily controlled by cleaning the ground and burning the refuse this fall.—H. E. V.

## Sloan's Liniment Eases Pain

Sloan's Liniment is first thought of mothers for bumps, bruises and sprains that are continually happening to children. It quickly penetrates and soothes without rubbing. Cleaner and more effective than musky plasters or ointments. For rheumatic aches, neuralgia pain and that grippy soreness after colds, Sloan's Liniment gives prompt relief. Have a bottle handy for bruises, strains, sprains and all external pain. For the thousands whose work calls them outdoors, the pains and aches following exposure are relieved by Sloan's Liniment. At all Druggists, 25c.

Providing for future business, the Standifer-Clarkson Company is to have four sets of ways at the North Portland harbor plant, located on property adjoining that of the Monarch mill.

## The Multnomah State Bank

Lents Station, Portland, Oregon

### Pays 4 per cent Interest on TIME DEPOSITS

### SAFE DEPOSIT BOXES

\$2.50, 3.00 and \$5.00 a year

## NOTICE OF GUARDIAN'S SALE OF REAL ESTATE.

Notice is hereby given that in pursuance of an order of the County Court of the State of Oregon for Multnomah County made and entered therein on the 4th day of November, 1916, in the Matter of the Guardianship of Freeman Smith, Edna M. Smith, John R. Smith, Valentine Sylvester Smith and Lloyd McMillen, Minors.

## NOTICE TO CREDITORS

In the County Court of the State of Oregon for Multnomah County. In the Matter of the Estate of Phillip Lawton, Deceased.

Notice is hereby given that the undersigned has been appointed administrator of the estate of Phillip Lawton, deceased, by the County Court of the State of Oregon for Multnomah County, and has qualified. All persons having claims against said estate are hereby notified to present the same to me at 314 Spalding Bldg., Portland, Oregon, with proper vouchers duly verified, within six months from date hereof.

First Publication November 2, 1916.  
GEORGE TUTHILL, Administrator.  
JOHN VAN ZANTE, Attorney.

## OREGON NEWS NOTES

Five hundred men and women in Portland at a mass meeting voted a two weeks' boycott on eggs. They also appointed a committee of five to draft a memorial to President Wilson and to Oregon's delegation in congress, urging an embargo on all products now being shipped from this country.

Fourth-class postmasters have been appointed in Oregon as follows: Albert J. Whiteaker, Grand Ronde, vice William Mellien, resigned; Ray L. Jenkins, Alsea, vice George T. Vernon, resigned; Miss Mary Cummings, Sherrill, vice E. L. Sherrill, resigned; Lemuel F. Smith, Agate Beach, vice W. H. Vader, resigned.

The state tax commission has decided to take no action regarding the state tax levy until an opinion is secured from Attorney General Brown in regard to the effect of the tax limitation amendment and until it is ascertained whether or not the state estimates and budgets will not come within the 6 per cent limitation.

After many years of waiting for an irrigation project to be put in operation, Cow Creek valley has at last succeeded. A. D. Helm's is promoter of the project. The land is all signed up and the farmers are only waiting for the construction of the ditch. The project will put under water about 500 acres of the best land in the valley.

Governor Withycombe has forwarded a letter to Newton G. Baker, secretary of war, in which he urged that the war department release from service on the Mexican border Troop A, Oregon cavalry, and Battery A, Oregon artillery, so that the last of the Oregon military organizations in federal service at the international boundary line might return to their homes.

During the month of November 22 vessels loaded at the mills in the lower Columbia river district and their combined cargoes amounted to 27,382,915 feet of lumber. In the same period the upper river mills shipped 4,559,975 feet of lumber on vessels, making a total of 31,943,890 feet of lumber that left the Columbia river in cargoes during the month of November.

Five of the 276 accidents reported to the state industrial accident commission resulted in fatalities last week. They were: B. Legura, of Warren, killed in logging operations; J. W. Erickson, of Portland, run down by train; George Eddy, of Pendleton, killed in machine shops; J. P. Clark, of Klamath Falls, killed in dairying

industry, and W. W. Kinnicut, of Jacksonville, killed while mining.

The grain growers' convention, which is to be held at the Oregon Agricultural college on January 3, 4 and 5, as a part of the programme for farmers' and homemakers' week, will offer the most complete and authoritative discussion of the bulk handling of grain that has ever been held in the northwest. Representatives from the largest growers, shippers and manufacturers will be in attendance, and the programme will cover every phase of the bulk handling of grain, from the culture until the time it is made into flour, or utilized in some other way.

Oregon will continue under the prohibition law permitting importation of limited quantities of liquors until additional legislation to cover the "bone dry" amendment adopted at the recent election, shall be enacted by the legislature next January, Governor James Withycombe and Attorney General Brown said. That all doubt among district attorneys and other officials may be removed in respect to the new constitutional amendment Attorney General Brown has issued a statement advising officials against trying to enforce the "bone dry" amendment until the legislature has acted. As the amendment now stands, the attorney general declared, it is unenforceable.

## HEADS OF ODD SHAPE.

The Kilon, Lafton and Maqbon as Described in the Talmud.

It is a matter familiar to every student of the Bible that the Hebrew priests were required to be physically as well as morally perfect—without a bodily defect or blemish—in order to be eligible to service in the temple. The Talmud, in the tractate Bechoroth, says a writer in the Medical Record, enumerates several defects which disqualify a priest from ministering in his holy office. Among these are the klon, the lafton and the maqbon.

The condition of klon is ascribed as a person having a peculiarly shaped head, which is pointed at the top and broad at the bottom. The lafton was a man with a head shaped exactly the opposite of the preceding. To use the expression of the Talmud, he had a head very broad at the top and narrow at the bottom, like a lefe—i. e., a pumpkin.

The expression maqbon, derived from the word hammer, refers to a hammer shaped head or, as the Talmud describes it, one with a prominent and projecting forehead and occiput.

The terse descriptions of the klon head and lafton head given by the Talmud could not be improved on by any modern textbook in medicine.

## At The Churches

### Arleta Baptist Church

9:45 a. m. Bible School.  
11 a. m. Preaching service.  
8:00 p. m. Evening services.  
7:00 p. m. B. Y. P. U. meeting.  
8:00 Thursday Prayer meeting.  
Everybody welcome to any and all of these services.  
W. T. S. Spriggs, pastor.

### Millard Avenue Presbyterian Church

10 a. m. Sabbath School.  
11 a. m. Morning worship.  
7:45 p. m. Y. P. S. C. E.  
7:45 p. m. Evening worship.  
7:30 p. m. Thursday, midweek service.  
8 p. m. Thursday, choir practice.  
Rev. Wm. H. Amon, Pastor.

### St. Peter's Catholic Church

Sundays:  
8 a. m. Low Mass.  
10:30 a. m. High Mass.  
8:30 a. m. Sunday School.  
12 M. Choir rehearsal.  
Week days: Mass at 8 a. m.

### Seventh Day Adventist Church

10 a. m. Saturday Sabbath School.  
11 a. m. Saturday preaching.  
7:30 p. m. Wednesday, Prayer meeting.  
7:45 p. m. Sunday preaching.

### Kern Park Christian Church

Corner 99th St. and 46th Ave. S. E.  
10 a. m. Bible School.  
11 a. m. and 7:30 p. m. preaching service.  
6:30 p. m. Christian Endeavor.  
7:30 p. m. Thursday, mid-week prayer meeting.  
A cordial welcome to all.  
Rev. G. K. Berry, Pastor.

### St. Pauls Episcopal Church

One block south of Woodmere station.  
Holy Communion the first Sunday of each month at 8 p. m. No other services that day.  
Every other Sunday the regular services will be as usual.  
Evening Prayer and sermon at 4 p. m.  
Sunday School meets at 3 p. m.  
Boatwright, Supt., L. Maffett, Sec.  
Rev. O. W. Tavior Rector.

### Lents Evangelical Church

Sermon by the Pastor, 11 a. m. and 7:15 p. m.  
Sunday School 9:45 a. m., Albert Fankhauser, Superintendent.  
Y. P. A. 6:45 p. m. Paul Bradford, President.  
Prayer meeting Thursday 8 p. m.  
A cordial welcome to all.  
T. R. Hornschuch, Pastor.

### Lents Friend's Church

9:45 a. m. Bible School, Clifford Barker Superintendent.  
11:00 a. m. Preaching services.  
6:25 p. m. Christian Endeavor.  
7:30 p. m. Preaching Services.  
8:00 p. m. Thursday, mid-week prayer meeting.  
A cordial welcome to all these services.  
John and Nettie Riley, Pastors.

### Lents Baptist Church

Lord's Day, Bible School 9:45 a. m. Morning worship, 11 a. m. Elmo Heights Sunday School, 2:30 p. m.  
B. Y. P. U., 6:30 p. m.  
Evening worship, 7:30 p. m.  
A cordial welcome to these services.  
J. M. Nelson, Pastor

### Fifth Church of Christ

Fifth Church of Christ, Scientist of Portland, Ore. Myrtle Park Hall, Myrtle Park.  
Services Sunday 11 a. m.  
Sunday School 9:30 and 11 a. m.  
Wednesday evening testimonial meeting 8 p. m.

### Lents M. E. Church

Sunday School 9:45 a. m.  
Preaching 11:00 a. m.  
Bible Study Class, 5:30 p. m.  
Epworth League 6:30 p. m.  
Preaching 7:30 p. m.  
Prayer meeting Thursday evening at 7:30.  
F. M. Jasper, pastor.  
Residence 5703 83rd St.

### Laurelwood M. E. Church

9:45 a. m. Sunday school.  
11:00 a. m. preaching.  
12:30 a. m. class meeting.  
6:30 p. m. Epworth League.  
7:30 p. m. preaching.  
8:00 p. m. Thursday evening, prayer service.  
Dr. C. R. Carlos, pastor.

### German Evangelical Reformed Church

Corner Woodstock Ave., and 87th St.  
Rev. W. G. Lienkaemper, pastor.  
Sunday School 10 a. m.  
Morning Worship, 11 a. m.  
Y. P. S. at 7:30 p. m.  
German School and Catechetical Class Saturday 10 a. m.

### Free Methodist Church

Sunday School, 10 a. m.  
Preaching, 11 a. m. and 7:30 p. m.  
Prayer meeting, Wednesday 7:30 p. m.  
All are cordially invited to attend these services.  
Robert H. Clark, pastor.

### LODGE DIRECTORY

Magnolia Camp No. 4026, Royal Neighbors, meets regular Second and Fourth Wednesdays of each month at I. O. O. F. Hall. Second Wednesdays social meeting. Neighbors bring your families and friends. Fourth Wednesday, business. All Neighbors requested to come. By order of the Camp.

Oregon and Washington tide water mills shipped 34,212,787 feet of lumber during October.